

men talk

tcmc
twin cities men's center

in our 34th year
of public service

June/July 2010
Volume 34 #3

The Power of Ritual – Healing a Father-Son Rift

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Eighteen years ago I participated in a Summer Solstice ritual at Theodore Wirth Park led by someone from the Men's Center. I came armed with my chronic skepticism, invited by a spiritually adventurous friend of mind. The ceremony was a hodge-podge of traditions – Native American, Wiccan, Pagan, Christian and Buddhist, with a smattering of contemporary self-help mantras thrown in for good measure – but the power of what happened in that small gathering of men at the edge of a woods on a cold, rainy evening in June remains with me to this day.

It was the Friday before Father's Day, so at one point our leader asked each of us to step into the circle around our sputtering fire and say our name, followed by the name of our father. Ah, even Hallmark, I thought. When my turn came, I said, "I am Robert, son of Robert." Though I've never liked the name "Robert," preferring instead the easy familiarity of "Bob," here I felt I had no choice but to use it, the name my father had bestowed upon his first-born. The full-bodied sound of that name, repeated like an incantation, the solemn act of owning my patrimony in the presence of other men, each with his own father history, unlocked something deep within me.

I knew my friend Greg's history with his father, a raging alcoholic who beat his sons and committed suicide when Greg was 13. His 17-year-old son stood beside him and I knew their history too, an estrangement due to a bitter divorce and Greg's exploration of his bisexuality. I had my own history of estrangement, only partly due to Dad's drinking. Was estrangement the lot of fathers and sons? "That's just the way it is," Dad had told me once when I tried to bridge the gap, citing his history with his own father.

With me, estrangement took another twist. A fey boy, not a fairy or sissy exactly, I had nevertheless worn my boyhood uneasily, like an acquired taste, and had identified more with my mom than my dad. At my core was this indefinable, unutterable sense of difference that marked me, set me apart and sometimes sputtered out sideways; I was always proving myself, donning masks and covering my tracks, without ever knowing – or more precisely, owning – what I was doing or why I was doing it. I denied who I was, and could think myself into practically anything. I married, had a child, then came out with a vengeance at age 39.

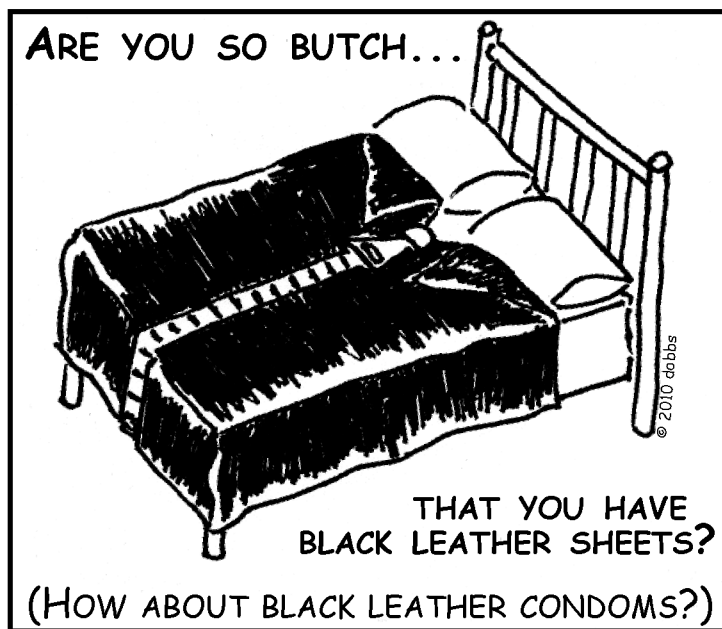
Dad got caught in the cross-currents. I rejected him and the standard of masculinity he represented. I would invent my own. Not till my early 40s did I begin to make my peace with him. All this and more pressed to the fore through the medium of that motley ceremony. Long-held memories stirred and surfaced; bitter resentments burst like bubbles in the cool evening air; random fragments coalesced into stories.

Seated on damp earth around a choking fire, we took up drums and rattles and began to chant – definitely not my style! Then our leader asked us to take the talking stick, if the spirit moved us, and say whatever was on our heart to say. I waited till everyone was done, wondering what words would form on my lips, then when I could bear the silence no longer, I reached into the circle and pulled the stick toward me like a life-line.

"My dad was a good man, a good father. He was always there for me and my brother, and accepting of us, never putting us down or demeaning us the way his dad had done with him and his brother. Yet for years I pushed him away, judged him, practically disowned him when I adopted as my "spiritual father" my Freshman English teacher, my mentor. I'm ashamed. Only recently have I begun to accept, honor and enjoy my dad for who he is, a remarkable, original man who has shaped me in more ways than I can ever acknowledge."

In that moment, with those words, in that company of men, I slipped free of the cycle of estrangement. I affirmed everything: my entire history with my father, my identity and difference, my pulling away and drawing toward, my foolishness and wisdom, the entirety of my father's life and its meaning for me, and our shared, fractured humanity. I grasped it all in a moment made whole and holy in the act of confession.

Continued on page 2



Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions:

Good Will Toward Men, Women talk candidly about the balance of power between the sexes.

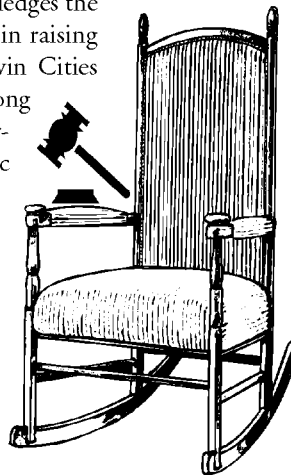
Running With Scissors, "Brutal, disturbing, & wildly funny... a stirring testament to a boy's strength in an environment of unfathomable heartache & dysfunction." — Star Tribune

The Dance of Gender, (audio cassette), On relationships & the seriousness of gender.

Greetings from the Chair

June is a month with several opportunities to enjoy positive messages about men. Father's Day acknowledges the crucial role involved dads play in raising healthy children, while the Twin Cities Pride Festival recognizes, among many other things, the importance of men seeking authentic and healthy expressions of our varied sexualities.

But I sometimes wonder if these celebrations of masculinity get drowned out by the white noise of stereotypes, clichés, and generally cynical depictions of men that saturate our media. Consider the series of beer commercials in which a hapless man embarrasses himself in front of friends by playing with a fluffy dog, removing grease from a pizza, or heaven forbid, publicly expressing affection for a significant other. His reward is to be crushed by a giant beer can that falls from the sky. The tag line, "Men Should Act Like Men" couldn't be more clear - there is only one way to be a 'real man', and if you stray from this, you will be punished (albeit for your own good.)



Or how about the 'mook', a term used to describe the supposedly archetypal brainless younger man so many marketers want to reach. If you did nothing but watch MTV, you could be forgiven for thinking that all men were mooks, concerned with nothing but constant sex, drinking, and loutish behavior (for more on this, see the fascinating PBS Frontline documentary "The Merchants of Cool.")

But rather than reflecting reality, these messages seem determined to define it, for no better reason than commerce, and we are all poorer for it.

As you celebrate Father's Day and Pride this June, I encourage you to seek out and promote other male-positive messages the rest of the year. As men seeking to improve our lives, the lives of our families, and the well-being of our communities, we can allow our roles to be defined for us, or we can choose to define them. Even a mook knows which is healthier.

JOE SZURSZEWSKI
BOARD CHAIR

Continued from page 1

With that release, I was able to write a long, heart-felt note in his Father's Day card, which I tucked discretely with his present into a corner of the love-seat where I knew he would find it later. That was the way in our family. I worried that I had gone too far, said too much, embarrassed him or myself — I had concluded with the sentence, "In these and in so many ways, I AM YOUR SON," underlined with exclamation points — so a few days later I called Mom and asked if he had read the note.

"Oh yes, he did. He liked it very much. He said he wished he had said something like that to Grandpa before he died." A week later, six days before his 80th birthday, my father died in his sleep.

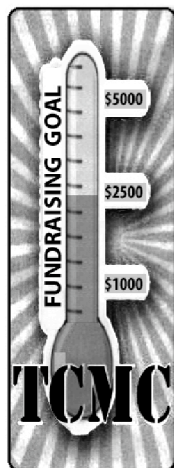
Bob Anderson is a long-time member of the Men's Center, a facilitator of its anger management classes and the author of Out of Denial: Piecing Together a Fractured Life by Robert K. Anderson (Lulu.com, 2008).

IT'S MORE THAN A JOB . . .

Does your employer give grants, make charitable donations, or match donations made to non-profits by its employees? If so, TCMC would like to know about it! As part of our ongoing effort to make up for the shortfall in our operating budget, we want to engage with businesses and corporations who might be able to help TCMC meet its fundraising goals. If you think your employer might fit the bill (so to speak), please contact the TCMC office at (612) 822-5892 or use the email form on our web site at www.tcmc.org/about2.html and tell us about it!

MEN'S RETIREMENT GROUP SCHEDULE CHANGE

The monthly Men's Retirement Support group will meet the 2nd Sundays of June and July at 5:30p.m., June 13th and July 11th, instead of the usual 3rd Sundays. The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you. Norm Petrik, Group Facilitator



Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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EVENTS CALENDAR

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check out our web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892		SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
SUPPORT GROUPS Men's Retirement 5:30 p.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Twin Cities RISE! 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
FATHER'S DAY BRUNCH 10:00 a.m.	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Healing Trauma In The Congo 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am Boundaries for Men in SO Treatment 1:00 p.m.
PRIDE FESTIVAL Visit our booth in Loring Park!	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Bible Through Gay Eyes and Heart 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
JULY FOURTH HOLIDAY	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
SUPPORT GROUPS Men's Retirement 5:30 p.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.
BRUNCH 10:00 a.m.	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Gay Mysticism, part II 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 am Boundaries for Men in SO Treatment 1:00 p.m.
	SUPPORT GROUPS General 12:30 p.m. Women Dealing with Sexual Addiction 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Gateways to Health for Gay and Bi Men 7-9pm Transition 7:30 p.m.	SUPPORT GROUPS Male Survivors of Sexual Abuse 7:00 p.m. Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m. Boundaries for Men in SO Treatment 1:00 p.m.

Jun/Jul 10

Call us
about Anger
Management
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1976 - In Our 34th Year - 2010
of Public Service

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to the wider community. This tradition has been part of the Men's Center offering since it's founding 34 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Jim Amundsen, Comanche Fairbanks, Rob Gamble, Jim Gerharter, Bob Manson, Andy Mickel, Shane Nygaard, and Tom Weaver.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.
Regular Members (\$20 level) – \$3
Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Jim Gerharter
When: Wed, June 2, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, June 9, 7:00-9:00 pm

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow.....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

Twin Cities RISE!

Presenter: Comanche Fairbanks
When: Wed, June 16, 7:00-9:00 pm

Open to Men and Women

Twin Cities RISE! is a Non-Profit Anti Poverty Organization which focuses on individuals who may be underemployed or underskilled and equips them with the skills needed to get a job and keep a job/career that meets a minimum requirement of \$20,000 starting salary with full-time benefits and a chance of growth within the company or organization.

Twin Cities RISE! is designed to be free program and prides itself on being market driven. We know what employers want in new employees; we prepare you for these expectations. Comanche Fairbanks is a recruiter for Twin Cities RISE!

Healing Trauma In The Congo

Presenter: Jim Amundsen
When: Wed, June 23, 7:00-9:00 pm

Open to Men and Women

Between 1997 and 2009, the Congo (The Democratic Republic of the Congo, or, the DRC) suffered from a complex civil war with many different factions. During this time over 6 million people were killed (estimated) making the most deadly conflict in the world since WWII. Although the conflict officially ended in 2009, many of the militia groups still remain in operation, including groups who were behind the genocide in Rwanda. In May, 2009, Albert Pessu, founder of a therapeutic method called Pessu Boyden System Psychomotor (PBSP) was invited by the GTZ, a German economic development branch of the German

government, and by the DRC to work with two of the biggest traumatized groups in the Congo: women who have experience extreme sexual violence and men who were kidnapped as children and forced to commit atrocities. After two weeks, all parties were convinced that PBSP was very effective in working with these, and other, traumas.

In this presentation, Jim Amundsen, PhD, LP, a Certified Trainer in the PBSP method, will present a documentary film that was made during this 2 week period. The 55 minute film, plus remarks by Jim Amundsen, will serve as an introduction to both the current situation in the DRC and as a fascinating introduction to the work of Albert Pessu. There should be plenty of time for discussion.

The Bible Through Gay Eyes and Heart

Presenter: Rob Gamble
When: Wed, June 30, 7:00-9:00 pm

Open to Men and Women

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Mathew's gospel has been called the Gospel for sex-workers. 3 kinds of eunuchs, can we find ourselves in Joseph's story? Why is male anal sex abhorant?

Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God's Children Metropolitan Community Church.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, July 7, 7:00-9:00 pm

Open to Men and Women

See June 2 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, July 14, 7:00-9:00 pm

See June 9 Description

Gay Mysticism, part II Song of the Soul: The Voice of the Sacred Feminine

Presenter: Shane Nygaard
When: Wed, July 21, 7:00-9:00 pm

Open to Men and Women

In a follow-up to the intro to Gay Mysticism, this is the next presentation to help bring us into a deeper and more personable understanding of the soul of the gay community. "Song of the Soul: The Voice of the Sacred Feminine" will be a focused look into the Sacred Feminine and the connection with the vital and exquisite roles each of us in the gay community has in rebirthing her presence on the planet.

What is your individual role? How do you begin to know it? Why is this important to know? Through a look at the symbolism of Archetypes, historical perspectives, and modern-day examples, we will explore a further understanding of the essential qualities we as gay people bring to today's constantly-shifting world. Come listen!

Shane M. Nygaard earned his BA degree in Theater at the University of Minnesota, with a particular focus on Musical Theater. He is a CMED Institute Certified Archetype Consultant, having completed the Sacred Contracts course taught by Caroline Myss and additional faculty including Andrew Harvey and Jim Curtan. He currently runs local groups focused on Poetry, Poetry Writing and Archetype Casting for Actors.

Gateways to Health for Gay and Bi Men

Presenter: Tom Weaver

When: Wed, July 28, 7:00-9:00 pm

Open to Men and Women

I will provide an outline with references and overview of gay and bi men's health issues including my experience as a large group presenter for the M2M project in Minnesota at Camp Miller over the summer. See <<http://www.epi.umn.edu/m2m/>> This presentation with occur within the context of a project I am doing for three months with Landmark Education on MSM "men who have sex with men" health issues. I will address nutritional and immune support issues from a holistic perspective gleaned from over 25 years as a holistic educator and facilitator internationally. Come listen, participate and learn!

"Dr Tom" Weaver is a board member of TCMC, graduate U of Minnesota Medical School. Out as a gay sensitive physician since the late 1980's, he continues to teach about wellness and healthy behaviors the context of holistic medicine & addiction recovery.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

Women Dealing with Sexual Addiction

Open to Women Only

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like "being on or off the wagon", this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

- Mondays 7:30 - 9:30 pm

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30- 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

Do you feel like you are the only one this has ever happened to? It's not

true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

- Thursdays 7:00 - 9:00 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

- Saturdays 10:00 am - 12:00 pm

Boundaries for Men in SO Treatment

Some men occasionally think about their sexual boundaries and how their behaviors have affected others. Other men never have to think about how their sexual behaviors have harmed someone. And, then there are a few men, who think about how their sexual behaviors have harmed others all the time. If you are among this last group of men, then it may be that you have served time in a correctional facility and are participating within a sex offender treatment program. This support group is for men who are currently in or have graduated from a sex offender treatment program. Men who would like to participate in this group for the first time are encouraged to call the TCMC office and leave a message for the facilitator of this group.

- Saturdays 1:00 pm - 3:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

Upcoming **Monthly Men’s Sunday Brunches** (bring something to share/cook up): **June 20th (Father’s Day—children welcome)** at **Jim Lovestar’s** backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct). **July 18th** at **Bob Schauerhamer’s** (5100 N. Bryant Ave. Minneapolis, 55430) 612-670-6508 (6 blocks west of the 49th-53rd Ave Exit off I-94 North). Brunch times are between 10 a.m. and 1 p.m. 10 men attended April’s brunch at Andy Mickel’s and 9 men attended May’s brunch at David Miner’s.
- Andy Mickel, 2010-05-18.

Gail Rosenblum’s column “Dads, too Face Clash Between Home and Job” appeared in the Minneapolis Star Tribune on Mother’s Day. She based her article on interviews with Joan C. Williams, law professor at UCSF about her new book: *Work-Family Debate: Why Men and Class Matter*. Williams describes the (now) classical struggle of men who want to be good fathers, and also manage full-time jobs which demand 50, 60, or 70 hours per week. Rosenblum talked with two local men: Todd Seabury-Kolod and Craig Polley about the challenges of living a balanced life.
- Star Tribune, 2010-05-09.

26th Annual Minnesota Men’s Conference, September 14th-19th, 2010 **BRINGING BACK THE FIRE** “We will meet once more as we have for many years, breathing in the north woods and watching the young men learn some lessons from the older men and the older men from the younger men. The power of story guides us.

“How can we, as ordinary men,

bring some new life to our withering world? Recession and climate change do not affect men’s inner longing for brotherhood and a better life. As we put our stick in the mud of recession and incessant war, how can some old stories and the companionship of men help us to abandon familiar comfort and search for something new?

“The old stories remind us that change happens only when we look clearly at what we have done poorly or in haste. Hidden at the heart of this journey, something or someone, whom we cannot see, is willing to guide and to teach us. When we trust the difficult lessons and gather the vital medicine, the healing will be apparent. Join us at this year’s Minnesota Men’s Conference, as we dance, sing, and tell tall tales, and blow our breath into the embers of old stories and look for the ground of rebirth in our private lives and our public life.

“We are delighted to have as teachers this year Robert Bly, Malidoma Somé, Miguel Rivera, Danny Deardorff, Martin Shaw, Doug von Koss, Tom Gambell, Thomas R. Smith, Timothy Young, Jay Leeming and assorted other poets and ne’er-do-wells.”

\$800 with \$200 deposit (\$450 for young men aged 13-20) Scholarship Fund available. Attendance limited to 90 adult men and 30 young men. Camp Miller, Sturgeon Lake, Minnesota, FFI: <<http://www.hiddenwine.com/>>, Craig Ungerman, 860-923-6987 / 860-942-1658cell <hiddenwine@earthlink.net> - Mark Stanley, 2010-05-15.

Rattle and Drum Journeys with Timothy Cope: “The Way of the Shaman”, July 10-11. “Shamanic

Extraction Healing Training”, October 9-10. Minneapolis, MN. Timothy Cope is a twin cities writer, storyteller and shamanic practitioner. He is on the faculty of Michael Harner’s Foundation for Shamanic Studies. FFI: <<http://www.rattledrum.com/>> or 612-721-5566 <timothy@rattledrum.com>
- Timothy Cope, 2010-05-16.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 15-17, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is now \$595, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men’s Center every 2nd Wednesday, 7-9 p.m. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times.
- Andy Mickel, 2010-05-05.

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Twin Cities Men's Center

ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. (*Thanks much!*)
- My new|correct address|phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

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FROM Name: _____

Mailing Address: _____

Home Phone: _____

Work/Other Phone: _____

E-mail Address: _____

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Anger Management Program

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:

12 consecutive weeks

Number of Participants:

Limited to 12 men per class

Cost: \$215 for TCMC Members (\$225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are two in Hopkins (Tues, Weds) and one in Minneapolis (Mons). A new class is scheduled to start in Hopkins in June.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.



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E-mail the editor at tcmc@tcmc.org

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3249 Hennepin Ave S

	Non-Profit	Profit event
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Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

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men talk

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4

UNBELIEVED

Can't go to the police
I don't want to admit

Secret meeting with my lover
To arrange, so it seems

I'm frighten of my spouse
When in an uncontrollable fit

Never interact with my coworkers
Ignore every opposite sex friend

The constant screaming and shouting
Being accused of having affairs

Talking to them I'm accused
A sexually invitation I send

Being woken from sleep to
Death threats, and hatefilled stares

Can't go living this way
Have to change my life

All my calls are monitored
I hate when the phone rings

But, who will believe a
Husband abused by his wife

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